

CLAIMS

What is claimed is:

1. A sauna comprising:
 - an enclosure defining a sauna chamber, said sauna chamber having a plurality of interior walls;
 - Infrared-heating elements located inside said sauna chamber;
 - said infrared heating elements being adjustable for timing and intensity;
 - said infrared heating elements being operable off of standard household electric current;
 - full spectrum neodymium lights located within said sauna chamber;
 - said neodymium lights being adjustable for timing and intensity; and an exterior.
2. The sauna in claim 1 wherein said neodymium lights can be controlled to gradually increase and decrease in intensity over time for ease of the eyes and to mimic a natural sunrise and sunset.
3. The sauna as claimed in claim 1 in which the ultraviolet rays are removed from said neodymium lights.
4. The sauna in claim 1 further comprising:
 - at least one interior bench to allow comfortable seating;
 - an enclosed area under said at least one interior bench such that said enclosed area is sheltered from the heat in said sauna;
 - said enclosed area containing electronic equipment for the enjoyment of music or other sound enjoyment;
 - a control panel on one of said plurality of interior walls;
 - a control panel on said exterior of said sauna; and

whereby said control panel on said exterior of said sauna and said control panel on said one of said plurality of interior walls can be used to control said infrared heating elements, said neodymium lights, and said electronic equipment.

5. The sauna in claim 1 wherein said sauna is a solid structure;
said solid structure having a plurality of walls, a ceiling, a floor and a hinged door having a magnetic closure; and

whereby the interior of said solid structure is said enclosure that defines said sauna chamber.

6. The sauna in claim 5 wherein:
said solid structure is collapsible for easy shipping and assembly; and
said walls, said ceiling and said floor contain pre-attached clasp closures and screw fasteners for easy assembly with a minimum of tools.

7. The sauna, in claim 6 wherein;
said solid structure is constructed from wood; and
said walls comprise two layers of wood with an air gap between to allow for sound and heating insulation.

8. The sauna in claim 1 wherein said neodymium lights are located in canisters at the top of said enclosure and said canisters include a plurality of concentric rings of mirrors that redirect the angled light rays from said neodymium lights into parallel beams before they leave the canister and enter the sauna such that any glare from said lights and discomfort to the eyes of the user is reduced; and the rays coming from said canister more closely duplicates the characteristics of sunlight.

9. The sauna in claim 1 further comprising a sound system, wherein said sound system comprises:

a plurality of speakers, said speakers being located on at least one of said plurality of interior walls;

a stereo cassette system with am/fm radio;

a control panel on one of said plurality of interior walls;

a control panel on said exterior of said sauna;

whereby said control panel on said exterior of said sauna chamber and said control panel on said one of said plurality of interior walls can be used to control said sound system.

10. The sauna in claim 1 wherein a portion of said neodymium lights are located in a plurality of canisters at the top of said enclosure and the remainder of said neodymium lights in said sauna are located on the interior walls of said sauna.

11. The sauna in claim 1 further comprising a unit for aromatherapy.

12. The sauna in claim 1 further comprising a fan or air circulation system to imitate a breeze on a sunny beach.

13. The sauna in claim 1 wherein at least one of said plurality of interior walls is covered with a light-reflective material, whereby pleasant scenes can be projected onto said light-reflective material.

14. The sauna in claim 1 wherein all controllable elements can be operated independently.

15. The sauna of claim 1 further comprising magnets located within said sauna chamber.

16. A sauna comprising:

a solid structure having a plurality of walls each having an interior surface and an exterior surface, a ceiling, a floor a hinged door having a magnetic closure, and a top, assembled such that said sauna has an interior enclosure and an exterior;

said enclosure being a sauna chamber such that the interior surfaces of said plurality of walls is located within said sauna chamber;

at least one interior bench to allow comfortable seating;

Infrared-heating elements located inside said sauna chamber;

said infrared heating elements being adjustable for timing and intensity;

said top of said sauna being a panel having a plurality of neodymium lights directed into said sauna chamber;

said neodymium lights having the full spectrum of light except for the ultra violet portion of the spectrum and said neodymium lights being adjustable for timing and intensity;

a control panel on one of said plurality of interior walls and a control panel on said exterior of said sauna such that either of said control panels can be used to control at least said infrared heating elements, said neodymium lights;

said infrared heating elements being operable off of standard household electric current;

whereby said sauna is constructed from wood, said walls have two layers of wood with an gap between the layers to allow for sound and heating insulation, said sauna is collapsible for easy shipping and configured for ease of assembly; and all controllable elements can be operated independently

17. The sauna in claim 18 wherein said neodymium lights are located in canisters at the top of said enclosure and said canisters include a plurality of concentric rings of mirrors that redirect the angled light rays from said neodymium lights into parallel beams before they leave the canister and enter the sauna such that any glare from said lights and discomfort to the eyes of the user is reduced; and the rays coming from said canister more closely duplicates the characteristics of sunlight.

18. The sauna in claim 18 wherein said sauna has additional neodymium lights located on the interior walls of said sauna.

19. A method for treating the effects of seasonal affected disorder comprising the steps of:

a) entering a sauna that is solid structure having a plurality of walls each having an interior surface and an exterior surface, a ceiling, a floor a hinged door having a magnetic closure, and a top, assembled such that said sauna has an interior enclosure and an exterior;

said enclosure being a sauna chamber such that the interior surfaces of said plurality of walls is located within said sauna chamber;

said sauna chamber having least one interior bench to allow comfortable seating;

said sauna chamber having infrared heating elements located inside said sauna chamber, said infrared heating elements being adjustable for timing and intensity;

said sauna chamber having a plurality of neodymium lights directed into said sauna chamber, said neodymium lights having the full spectrum of light except for the ultra violet portion of the spectrum and said neodymium lights being adjustable for timing and intensity;

said sauna chamber having a control panel on one of said plurality of interior walls and a control panel on said exterior of said sauna such that either of said control panels can be used to control at least said infrared heating elements, said neodymium lights;

said sauna being constructed from wood, said walls having two layers of wood with an gap between the layers to allow for sound and heating insulation, said sauna is collapsible for easy shipping and configured for ease of assembly; all controllable elements in said sauna being independently operable off of standard household electric current;

b) setting the control elements of said sauna to provide the desired light intensity from said neodymium lights and the desired intensity of heat for a desired period of time;

- c) activating the light and heat in said sauna; and
- d) remaining in said sauna for a desired period of time; and exiting said sauna at the end of said desired period of time.